



Building A Better You

A girl-powered fashion program that promotes healthy body image.

"My Body is Important" Workshop

- Body Image & Type
- Explore Media's Impact
- Nutrition & Fitness - Learn Healthy Habits
- Hygiene
- Skin & Hair Care

Open to females ages 10-21

Choose a 6 or 10 week workshop

Sessions offered afterschool and on weekends

Priced with students and parents in mind

EMPOWER YOUR FASHIONISTA

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B.A.B.Y.
BUILDING A BETTER YOU

**A fashion forward
approach to building
self-esteem**